


Carolina Country

Learning Something Old

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Your Touchstone Energy® Cooperative 

INSIDE THIS MONTH:
Lessons from grandparents
Photos of just yesterday
Tax credits for energy projects

Is this really the 200th anniversary of Lincoln's birth?—See page 17



Watering chores, water bills! Sweating behind a roaring mower! Spraying poison chemicals and digging weeds...



**SAVE
OVER
50%**

Amazoy is the Trade Mark registered U.S. Patent Office for our Meyer Zoysia Grass.

...you can end such lawn drudgery—here's how!

Mow your zoysia lawn once a month—or less! It rewards you with weed-free beauty all summer long.

7 Ways Your Zoysia Grass Lawn Saves You Time, Work, and Money!

1 CUTS WATER BILLS AND MOWING AS MUCH AS 2/3

Would you believe a lawn could be perfect when watered just once? In Iowa, the state's biggest Men's Garden club picked a zoysia lawn as "top lawn—nearly perfect." Yet, this lawn had been watered only once all summer to August!

In PA, Mrs. M.R. Mitter wrote "I've never watered it, only when I put the plugs in...Last summer we had it mowed 2 times...When everybody's lawns here are brown from drought, ours stays as green as ever." *That's how zoysia lawns cut water bills and mowing! Now read on!*

2 ENDS RE-SEEDING NEVER NEEDS REPLACEMENT

Plug in our zoysia grass and you'll never have to spend money on grass seed again! Since you won't be buying seeds, you won't need to dig and rake—then hope the seeds take root before birds eat them or the next hard rain washes them away.

3 NO NEED TO DIG UP OLD GRASS

Plant Amazoy in old lawn, new ground, whatever. Set 1" square plugs into holes in the soil 1 foot apart, checkerboard style. Plugs spread to drive out old, unwanted growth, weeds included. Easy instructions with your order. If you can put a cork into a bottle, you can plug in Amazoy.

4 FOR SLOPES, PLAY AREAS, AND BARE SPOTS

You can't beat Amazoy as the low cost answer for hard-to-cover spots, play-worn areas, or to end erosion on slopes.

5 IT STAYS GREEN IN SPITE OF HEAT AND DROUGHT

"The hotter it gets, the better it grows!" Plug-in zoysia thrives in blistering heat, yet it won't winter kill to 30° below zero. It just goes off its green color after killing frosts, begins regaining its green color as temps. in the spring are consistently warm. Of course, this varies with climate.



Thrives from part shade to full sun.

Every Plug GUARANTEED TO GROW IN YOUR SOIL No ifs, Ands Or Buts!

Read a guarantee no grass seed can match!

Won't Winter Kill. Amazoy has survived temperatures to 30° below zero!

Won't Heat Kill. When other grasses burn out in summer drought and heat, Amazoy remains luxuriously green.

Any plug failing to grow in 45 days will be replaced FREE! To insure maximum freshness and viability, plugs are shipped not cut all the way through. Before planting, finish the separation with shears or knife. Our guarantee and planting method are your assurance of lawn success backed by more than five decades of specialized lawn experience!

6 CHOKES OUT CRABGRASS AND WEEDS ALL SUMMER

Your established Amazoy lawn grows so thick, it simply stops crabgrass and summer weeds from germinating!

7 NO NEED TO SPEND MONEY ON DANGEROUS CHEMICALS

Since zoysia lawns resist insects AND diseases, you avoid the risk of exposing your family or pets to weedkillers and pesticide poisons. Plug in Amazoy and save the money, avoid the risks!

Endless Supply of Plug Transplants

Transplant plugs from established Amazoy as you desire—plugged area grows over to provide all the plugs you'll ever need.

FREE! Exclusive Step-on or Amazoy Power Auger with orders of 400 plugs or more.

Starting your lawn is easy with our pluggers that cut away unwanted growth as they dig holes for plugs. Both are light, but rugged to help save time, work and effort. The step-on plugger is also an invaluable transplant tool.

Meyer Zoysia Grass was perfected by U.S. Govt., released in cooperation with U.S. Golf Association as a superior grass.

www.ZoysiaFarms.com/mag

**ORDER NOW!
AND GET UP TO
900 PLUGS FREE!**

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Please send me guaranteed Amazoy as checked:

PACK	# PLUGS	# Free Plugs	Free Bonus	Retail Value	Your PRICE	+ Shipping	SAVINGS
<input type="checkbox"/> Basic	100	—	—	\$ 8.95	\$ 8.95	\$ 2.50	—
<input type="checkbox"/> 2 Basic Packs + 1 FREE	200	100	—	\$ 26.85	\$ 17.90	\$ 5.00	30%
<input type="checkbox"/> 4 Basic Packs + 2 FREE	400	200	Free Step-on Plugger	\$ 62.65	\$ 35.80	\$ 7.50	40%
<input type="checkbox"/> 5 Basic Packs + 3 FREE	500	300	Free Step-on Plugger	\$ 80.55	\$ 44.75	\$ 10.00	42%
<input type="checkbox"/> 6 Basic Packs + 4 FREE	600	400	Free Step-on Plugger	\$ 98.45	\$ 53.70	\$ 12.50	44%
<input type="checkbox"/> 9 Basic Packs + 7 FREE	900	700	Free Amazoy Power Auger	\$ 168.15	\$ 80.55	\$ 15.00	50%
<input type="checkbox"/> 10 Basic Packs + 9 FREE	1000	900	Free Amazoy Power Auger	\$ 195.00	\$ 89.50	\$ 17.50	54%
<input type="checkbox"/> Extra Step-on Plugger \$8.95				<input type="checkbox"/> Extra Amazoy Power Auger™ for 3/8" Drill \$24.95			

Mail to: Zoysia Farm Nurseries
3617 Old Taneytown Road, Taneytown, MD 21787

Dept. 5244

Write price of order here \$ _____

Md. residents add 6% tax \$ _____

Shipping \$ _____

ENCLOSED TOTAL \$ _____

Payment method (check one)

☐ Check ☐ MO

☐ MasterCard

☐ Visa

Card # _____ Exp. Date _____

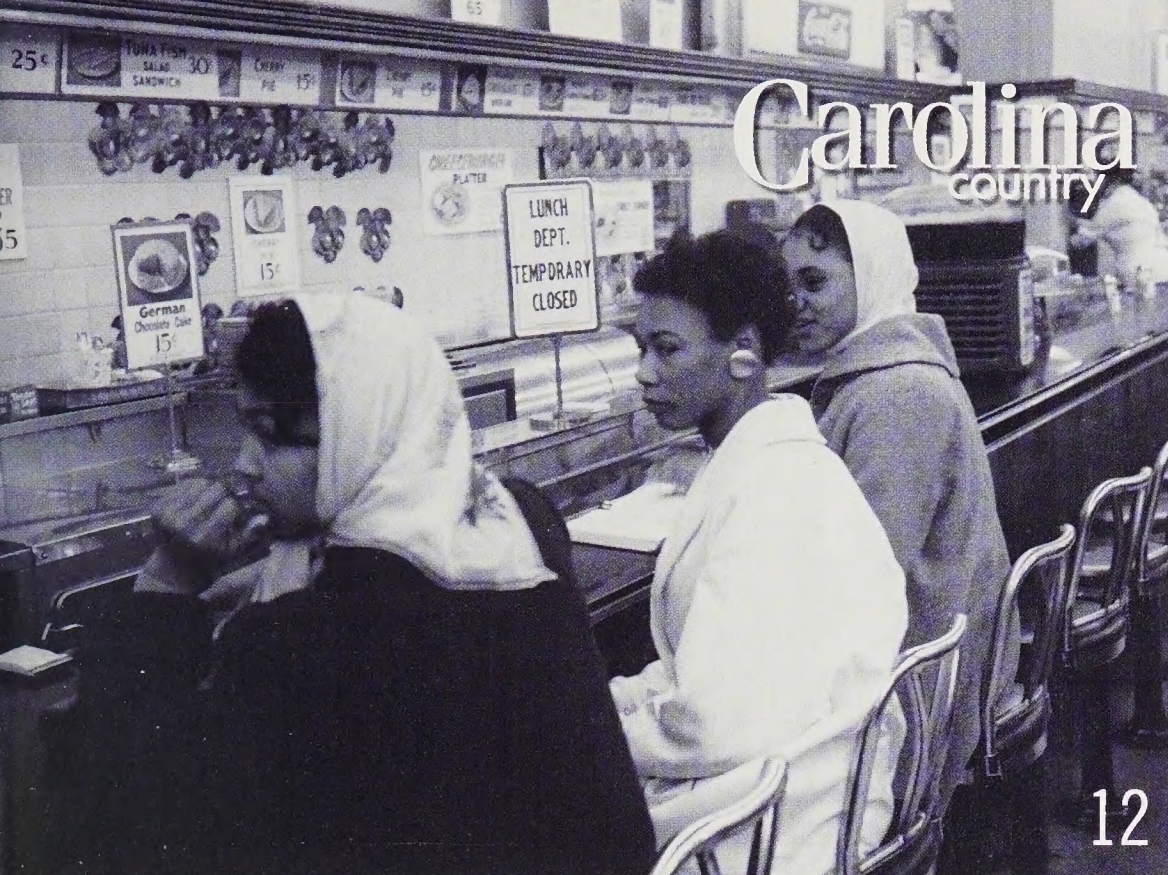
Name _____

Address _____

City _____ State _____

ZIP _____ Phone _____

We ship all orders the same day plugs are packed at earliest correct planting time in your area.



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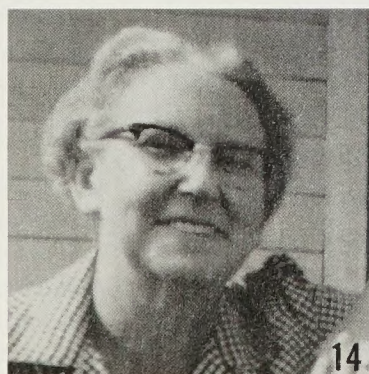
Photography by Bruce Roberts showing how we lived in North Carolina not long ago. The scene above shows Johnson C. Smith University students in the 1960s at a Charlotte lunch counter awaiting service or arrest.

14 *They Know More*

Stories of lessons you learned from grandparents.

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From the new collection of photographs by Bruce Roberts, this shows civil rights advocate Suzy Sterling in the 1960s with a young boy at a daycare center near Rockingham. See more photos and learn about the book on page 12.



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Carolina country

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.



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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Investing in rural America is investing in the future

By U.S. Congressman Mike McIntyre

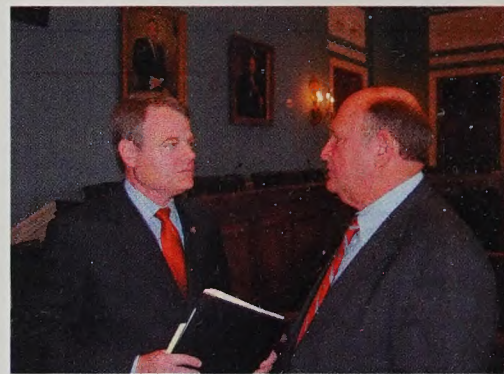
For many of us, home, job and opportunities in rural America are an integral part of who we are. In North Carolina, our communities have both the golden leaf and the snow-white cotton, pastures grazed by cattle and horses, church steeples and general stores. Our hearts are rejuvenated by these landscapes that often have more barns than houses. In our America, we still travel on two-lane roads named after local families where we can be slowed down by a neighbor on his tractor. We hold fast to faith and family, we look out for our neighbors and respect those who differ with us. We come together to solve problems, we try to live by the Golden Rule. We believe in hope and opportunity, and we know that our best days are still ahead.

As the Congress and the new Presidential administration deliberate the best way to stimulate the economy, it is critical that rural America be at the forefront. As Chairman of the House Agriculture Subcommittee on Rural Development and a resident of a rural county, I know first-hand the challenges facing rural areas.

Fortunately, programs are in place to invest in rural America.

The USDA Water and Waste Water Program provides funds to develop water and waste disposal systems in rural areas and towns with populations less than 10,000. We sent over \$93 million in loans and \$14 million in grants to North Carolina alone in Fiscal Year 2008. We know that more funding is necessary to meet the huge demand for water infrastructure upgrades.

The Community Facilities Program funds local infrastructure projects in rural areas and towns of up to 20,000. Grant funds can help construct, enlarge or improve facilities for health care, public safety and community services, including schools, libraries, childcare, hospitals, medical clinics, assisted living facilities, fire and rescue stations, police stations, community centers, public buildings and transportation. Funds are



Sharing an interest in rural communities, Cong. Mike McIntyre (left) has worked closely with Billy Ray Hall, president of the N.C. Rural Economic Development Center.

prioritized toward small, low-income communities that desperately need these facilities.

Broadband Internet service is regarded by many as an economic equalizer, providing individuals and businesses with the enhanced ability to bridge geographic distances. Unfortunately, only 17 percent of rural households subscribe to broadband Internet. The Community Connect program, the Distance Learning and Telemedicine Program, and the Rural Broadband Access Loan and Loan Guarantee Program provide funds to local areas to establish broadband service, acquire equipment to utilize the service, and defray the cost of telecommunications infrastructure construction in areas with low population density.

In my district of southeastern North Carolina, community facility loans are responsible for EMS units, fire trucks and library renovations. Water and waste disposal money is helping two communities with significant water infrastructure needs. All told, in just the past year, federal rural development programs will mean over \$937 million in projects to North Carolina. Funding provided for these programs will mean jobs in rural areas, providing both an immediate stimulus to the economy and meeting essential needs in rural areas. This is an investment that will change lives and communities, and will provide a strong foundation on which we can build for a brighter tomorrow.

Cong. Mike McIntyre, a Democrat, since 1997 has represented the 7th Congressional District comprising Bladen, Brunswick, Cumberland, Columbus, Duplin, New Hanover, Pender, Robeson and Sampson counties. He can be reached through www.house.gov/mcintyre

WHERE IN CAROLINA COUNTRY IS THIS? →



January winner

The January picture showed a roadside ornament at the entrance to the Hattadare Indian Village Park on Hwy. 401 south of Lillington between the Bunnlevel and Flatwoods communities. The Indian Village was set up in about 1968 by James Lowery, aka Chief Little Beaver, and was considered a home for the Lumbee Indian nation. Remnants of other ornaments remain in the area. Of more than 120 correct answers, the \$25 winner chosen at random was Brenda Perez-Piris of Sanford, a member of Central EMC.

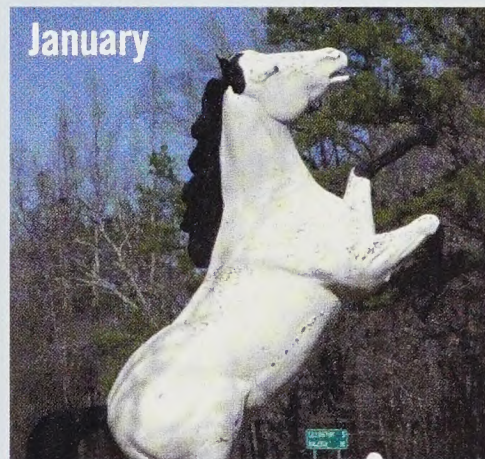
This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Feb. 8 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our March issue, will receive \$25.

January



Send old Beanie Babies overseas

Regarding the story told by Louise Freeman about collecting Beanie Babies ["Down the Drain," January 2009], we would like her and many others to know that Beanie Babies can have a new life helping our troops in Iraq and Afghanistan through the AnySoldier.com Web site. The soldiers distribute them to the local kids. Here is a selection from the Web site:

"No kidding! A really good excuse to get rid of those things (don't buy new ones, collect them from your house and ask your friends)!! Send some in every package to ALL units as they are really easy for the soldiers to carry with them and give to the local kids who love them. These are better than small plastic toys which will break easily and are not as easy to carry in a pack. There is no more effective ambassador for our country than a soldier helping the local folks. <http://anysoldier.com/WhatToSend.cfm#BeanieBabies>

Marie and Jay Novello,
Granville County, Wake Electric

Solar-heated water is hot

Thank you for publishing the article entitled "Solar Water Heating for Your House, A Consumer's Guide" [January 2009]. My family has enjoyed both the comfort of more, hotter water, and the substantial energy savings of a solar water heating system for nearly eight years now. We have had zero maintenance, and our system never leaves us without a steamy bath or shower. I would recommend a solar water heating system for everyone building a new home, as well as anybody who plans to own their home for more than five years. With the substantial tax incentives offered in our area, this has proved to be great investment for our family, improving both our quality of life and our property value, and has already paid for itself in energy savings.

Seth and Abigail Willey, Brasstown



Dressed for work

This is my son Caden Webster, age 2, and his cousin Liam Smith, 9 months. They are on the porch of their grandparents' cabin, which used to be an old tobacco barn. Their grandfather, Jimmie Webster, liked the twin Carrhart overalls.

Jennifer Webster

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“Upgrade & Save”

A statewide program makes manufactured housing more energy efficient

By Karen Olson House

If you live in a manufactured home—whether it’s a “singlewide,” a “doublewide” or “triplewide”—you know they offer an inexpensive housing option for your family. Unfortunately, what they save on lower mortgage payments can be drained away by the high operating costs of the electric furnace typically found in those homes.

Because of lower costs, simpler installation and other factors, most manufacturers install forced-air electric furnaces in the homes they build at the plant. But typically, these electric-resistance furnaces are two-and-a-half to three times more expensive to operate than a heat pump. Heating bills for these homes can hit \$400 a month or higher.

Fortunately, North Carolina’s State Energy Office (SEO), in partnership with three universities, offers a program to make HUD-qualified, factory-built manufactured housing more energy efficient and cost-effective long term. In short, the “Upgrade & Save” program provides financial incentives to manufactured home retailers to sell ENERGY STAR-labeled homes. It also encourages upgrading other new manufactured homes to efficient heat pumps.

The SEO offers a \$500 rebate to retailers for each ENERGY STAR-labeled home retailers sell. In addition to having a heat pump, ENERGY STAR-labeled homes are required to meet additional efficiency standards. The in-plant ENERGY STAR certification requires higher insulation, more efficient windows and sealed ductwork. These homes boast energy savings of around 30 percent over standard manufactured homes.

Although the focus is mainly on encouraging retailers to sell ENERGY STAR-labeled homes, the program also has funds to encourage adding efficient heat pumps to manufactured homes. It will pay retailers the difference in cost, up to \$700 a home, of upgrading a new manufactured home from the standard forced-air electric resistance furnace with central air-conditioning to an energy-efficient electric heat pump (the heat pumps provide both heating and cooling). When the home is upgraded to a heat pump, the forced-air furnace is left in place and incorporated into the system. This is done when the home is sited, after it is purchased.

Owners of existing HUD-qualified manufactured homes built in 2003 or later also can be reimbursed, up to a \$1,500 match, to upgrade their electric furnaces to heat pumps, according to SEO program manager Russell Duncan in Raleigh. In addition, he says, a \$1,000 federal tax credit is available to manufacturers who build ENERGY STAR-



Although the focus is mainly on encouraging retailers to sell ENERGY STAR-labeled manufactured homes, the “Upgrade & Save” program also has funds to encourage adding efficient heat pumps to regular manufactured homes.

labeled manufactured homes. North Carolina plants certified to build ENERGY STAR homes include Clayton Homes in Richfield, Palm Harbor Homes in Albemarle and Schult Homes in Richfield and Rockwell.

Upgrade & Save originally launched as a pilot program in Pitt County. A partnership with East Carolina University in Greenville that focused on upgrading homes to heat pumps followed in 2004. Among other contributions, the university found that, on average, a customer installing or upgrading to a heat pump saved more than \$625 each heating season compared to using an electric resistance furnace.

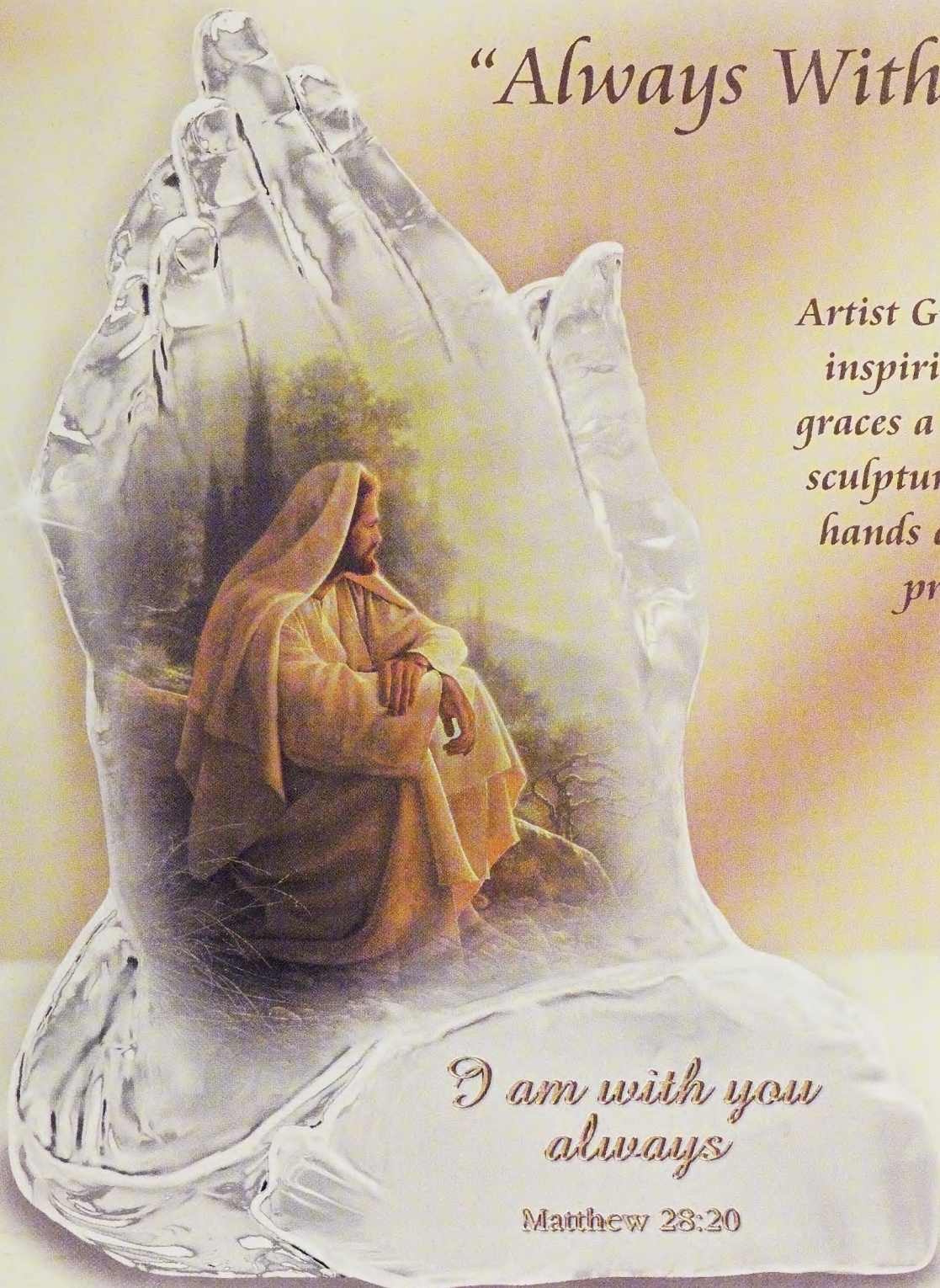
Its success in eastern counties led to the program’s expansion into the piedmont, central and western parts of North Carolina through energy partnerships with Appalachian State University in Boone and North Carolina Agricultural and Technical University in Greensboro. Upgrade & Save is now offered in all 100 counties as of January, and boasts around 50 retailers who participate, according to Duncan.

Program administrators have found that involving everyone in the sales chain is critical. They educate salespeople on the value of ENERGY STAR and work to build business relationships with retailers and manufacturers. They also visit sites getting upgrades to verify installation and to educate homeowners on heat pump operations.

To learn more, call the State Energy Office Hotline at (800) 662-7131 or visit www.energync.net/programs/residential.html.

"Always With You"

Artist Greg Olsen's
inspiring vision
graces a crystalline
sculpture of Jesus'
hands clasped in
prayer



*I am with you
always*

Matthew 28:20

Blessed be the word of the Lord...

Bathed by a heavenly radiance, Jesus sits on a hilltop in a moment of private reflection. It is a moment such as this that reminds us all of the power of prayer, for each time we clasp our own hands and pray to the Lord for guidance, we know He is watching over us from the kingdom of Heaven.

An inspirational edition limited to ONE per order!

"Always With You" is crafted of clear crystalline in the shape of Jesus' praying hands, and bears full-color artwork by Greg Olsen along with the comforting words of the gospel. Strong demand is expected, so act now to acquire yours at the \$39.95* issue price, payable in two installments of \$19.97 each. You need send no money now. Just mail the Reservation Application today!



*Intricate sculptural
detailing captures the
radiance of the Lord's
hands clasped in prayer*

RESERVATION APPLICATION THE BRADFORD EXCHANGE

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THE *Heart* OF COLLECTING®

YES. Please reserve the "Always With You" crystalline sculpture for me as described in this announcement.

Limit: one per order.

Please Respond Promptly

Signature _____

Mrs. Mr. Ms. _____

Name (Please Print Clearly)

Address _____

City _____

State _____

Zip _____

01-04799-001-E67291

*Plus a total of \$7.99 shipping and service. A limited-edition presentation restricted to 295 casting days. Please allow 4-8 weeks after initial payment for shipment. All sales are subject to product availability and order acceptance. Crystalline is a unique combination of resin materials chosen for its brilliance and clarity.

collectibles**today**.com
Home of The Bradford Exchange and All Things Collectible


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ENERGY EFFICIENCY. Small investments, big returns.

Here's a fact that deserves to be in the spotlight — switching your standard light bulbs to compact fluorescent light bulbs (CFLs) can make a big difference in your future power bills. CFLs are designed to last 10 times longer than incandescent bulbs, while using one-third of the electricity. In fact, using a single 18-watt CFL in place of a 75-watt incandescent bulb could generate up to \$45 in savings, over the lifetime of each CFL bulb. And how many bulbs are in your house? To learn more, visit us online and join North Carolina's Touchstone Energy cooperatives as we invest in the savings of tomorrow.

North Carolina's Electric Cooperatives

Your Touchstone Energy® Cooperatives 

www.ncelectriccooperatives.com

TEACHING Inspiration LEARNING Courage

By Leslie Johnson

Touchstone Energy and Coach Kay Yow help a middle school student learn about more than lay-ups and free throws

For one Taylorsville middle school student, attending the Kay Yow Basketball Camp last summer was about more than lay-ups and dribbling drills—it was about inspiration. Niki Walker, an eighth-grader at West Alexander Middle School, said that the strength Coach Kay Yow has shown throughout her battle with cancer reminds Niki of the strength of her own father.

Niki's father was diagnosed with multiple myeloma, cancer of the bone marrow, when she was 10 years old. Now, three years later, Niki's father is still undergoing chemotherapy treatments for his cancer. Similarly, Kay Yow, the coach of the N.C. State University women's basketball team, is undergoing chemotherapy to fight her second round of breast cancer. Niki described her father, Coach Yow, and their shared fight as "courageous."

Last summer, EnergyUnited (the electric cooperative based in Statesville) granted Niki a Touchstone Energy Sports Camp scholarship to attend the Kay Yow Basketball Camp in Raleigh and a chance to meet Coach Yow. Niki said

North Carolina's Touchstone Energy Cooperatives provide lasting experience for middle school students

Each year, North Carolina's Touchstone Energy cooperatives provide the opportunity for rising sixth-through-eighth grade boys and girls to attend prestigious basketball camps in North Carolina through all-expense paid scholarships. Boys are urged to apply to attend the Roy Williams basketball camp at UNC-Chapel Hill, while girls can apply to attend the Kay Yow basketball camp at N.C. State University.

Applicants are judged based on their academics, extra-curricular activities and an essay that must be submitted with the application. Applications for 2009 scholarships will be accepted Jan. 5 through March 27.

Eligible students who are interested should contact their local electric cooperative or Morgan Lashley at (800) 662-8835 extension 3214 or Morgan.Lashley@NCEMCS.com.

To download an application:

www.ncelectriccooperatives.com
www.kayyowcamps.com
www.roywilliamsuncbasketballcamp.com



At sports camp, Niki Walker was inspired by Coach Kay Yow's courage.


in her application essay that she wanted to attend the camp because of her admiration for Coach Yow's courage and strength throughout her chemotherapy treatments.

Niki said that meeting Coach Yow when she arrived at the camp was "awesome." "Coach Yow was very nice even though she was tired from her chemo treatment. It meant a lot to me because she showed so much interest in everyone, and she cares and believes in what she does enough to take time and energy out of her life for all of us. It shows what a wonderful person she is."

Niki's parents also met Coach Yow when they dropped Niki off at the camp. "We were able to express how much of an inspiration she is as a coach, as a leader and as a cancer survivor," said Niki's mother, Peggy Walker.

Meeting Coach Yow was not the only thing Niki took away from her time there. Niki was also able to improve her basketball skills and learn to become more independent. "I had the responsibilities of getting up and getting to breakfast and the gym on time," Niki said. "This was a growing experience for me." Niki's mother in turn granted her daughter more independence and responsibility at home. "She has grown up a lot from her time at camp," said Peggy.

While at the camp, Niki said, she learned that attitude determines success. Coach Yow stressed to the campers how important attitude is both on and off the court. Her own struggle with cancer has not affected her attitude and commitment to coaching basketball, which Niki said reminds her of her father: "My dad and Coach Yow don't want their sickness to get in the way of their living. I know that the treatments they take make them very tired, and they try not to show it. Both of them have shown how strong they are."

Attending the Kay Yow Basketball Camp, of course, helped Niki to improve her basketball skills, including her lay-up and defensive skills. But more importantly, she learned life lessons and got the chance to meet someone who has long been an inspiration to her and her family. "Camp was a wonderful experience that I will always remember," Niki said. 

Leslie Johnson is a senior communication student at North Carolina State University and an intern in Corporate Communications with the North Carolina Association of Electric Cooperatives.




Go Green Save Green

Federal and state energy-related tax incentives

Compiled by Morgan Lashley, N.C. Association of Electric Cooperatives

Investing in renewable energy and energy efficient home improvement projects may add value to your home, alleviate America's energy crunch, stimulate our economy and earn you some tax breaks. Consumers who make certain energy-efficiency improvements to their homes, or who buy plug-in hybrid electric vehicles or small wind energy systems may be eligible for sizable tax credits.

A tax credit is generally more valuable than an equivalent tax deduction because a credit lowers your taxes dollar-for-dollar, while a deduction lowers your taxable income.

This chart (see right) reflects a summary of available tax credits on both the federal and North Carolina levels for energy-efficiency projects or purchases you may be considering in 2009. For more detailed information on federal energy-related tax incentives, visit: www.energystar.gov. Information on state tax incentives can be found at www.dsireusa.org. 

A few guidelines

- Unless otherwise noted, the tax credit includes cost of equipment and original installation costs.
- For tax purposes, the Manufacturer's Certification Statement and receipt are generally required. For Energy Star products, save the label.
- All energy-efficient products purchased must be "placed into service" Jan. 1–Dec. 31, 2009, with the exception of solar energy systems, small wind energy systems and hybrid and plug-in hybrid electric vehicles. Solar energy system and small wind energy system tax credits are available through Dec. 31, 2016. Tax incentives for alternative fuel and advanced technology vehicles will phase out as auto manufacturers reach the 60,000 vehicle limit.
- For state tax credits, the allowable credit cannot exceed 50% of the taxpayer's tax liability for the year reduced by the sum of all other credits. Unused portions of the credit may be carried over for the next five succeeding years.
- Verify all tax-related information with a tax advisor.

2009 Summary of Energy-efficiency Tax Credits (both federal and NC)

Project/Purchase	Requirements	Incentive
Exterior windows, storm windows, skylights	Meets International Energy Conservation Code (IECC) or Energy Star qualified product.	<ul style="list-style-type: none">Federal tax credit equal to 10% of cost, up to \$200.Installation costs are not included in this tax credit.
Exterior doors, storm doors	<ul style="list-style-type: none">Meets IECC or Energy Star qualified product.Storm doors must be used in combination with a wood door approved by the IECC.	Federal tax credit equal to 10% of cost, up to \$500.
Metal roofs, asphalt roofs	Energy Star qualified roof expected to last five years or have a two-year warranty.	Federal tax credit equal to 10% of cost, up to \$500.
Insulation	<ul style="list-style-type: none">For insulation to qualify for tax credits, its primary purpose must be to insulate.The insulation must be expected to last five years or have a two-year warranty.	Federal tax credit equal to 10% of cost, up to \$500.
Central A/C	<ul style="list-style-type: none">Split Systems: Energy Efficiency Ratio (EER)\geq12.5 Seasonal Energy Efficiency Ratio (SEER)\geq15Package Systems: EER\geq12 and SEER\geq14	Federal tax credit equal to \$300.
Air source heat pumps	<ul style="list-style-type: none">Heating Seasonal Performance Factor (HSPF)\geq9 and EER\geq13 and SEER\geq15Not all Energy Star products will qualify for this tax credit.	Federal tax credit equal to \$300.
Geothermal heat pump	All Energy Star geothermal heat pumps will qualify for this tax credit.	Federal tax credit equal to 30% of the cost, up to \$2,000.
Water heaters (gas, oil, propane)	<ul style="list-style-type: none">Must have a thermal efficiency of at least 90%.Energy Star qualified high-efficiency gas storage water heaters will not qualify for the credit. All Energy Star qualified whole-home gas tankless and gas-condensing models will qualify.	Federal tax credit equal to \$300.
Water heater (electric heat pump)	Must have an energy factor \geq 2.0	Federal tax credit equal to \$300.
Water heater (solar)	<ul style="list-style-type: none">At least half of the energy generated by the solar water heater must come from the sun.The credit does not apply to heaters for swimming pools or hot tubs.System must be certified by the Solar Rating Certification Corporation (SRCC).To qualify for state property tax exemption, the system must be new.	<ul style="list-style-type: none">Federal tax credit equal to 30% of cost, up to \$2,000.State property tax exemption no more than the amount of conventional equipment. Does not include any land or structural elements.
Photovoltaic systems (PV systems)	<ul style="list-style-type: none">PV systems must provide electricity for the residence and must meet fire and electrical code requirements.PV systems must be new to qualify for state tax credit.	<ul style="list-style-type: none">Federal tax credit equal to 30% of cost, up to \$2,000 cap no longer applies.State tax credit equal to 35% of cost. Will not exceed \$10,500 (incentive varies by technology).
Vehicles (hybrid gasoline-electric, diesel, battery-electric, alternative fuel, and fuel cell)	There is a 60,000 vehicle limit per manufacturer before a phase-out period begins. Toyota and Honda have already been phased out. Credit is still available for Ford, GM and Nissan.	The federal tax credit is determined by a formula based on vehicle weight, fuel economy rating and lifetime fuel savings as compared to other models.
Plug-in hybrid electric vehicles	The first 250,000 vehicles sold get the full tax credit.	Federal tax credit of \$2,500–\$7,500.
Alternative fuel production	The credit is available for the processing of biodiesel, 100% ethanol, or ethanol/gasoline blends consisting of at least 70% ethanol.	The state tax credit is equal to 25% of the cost of constructing and equipping the facility and a facility must be placed into service before January 1, 2011.
Alternative fuel tax exemption		The retail sale, use, storage or consumption of alternative fuel is exempt from the state retail sales and use tax.
Small wind energy systems	N/A	Federal tax credit equal to 30% of the cost, up to \$500 per half-kilowatt of capacity (up to \$4,000). State tax credit equal to 35% of cost of wind system constructed (up to \$10,500).




In the new book, “Just Yesterday,” evocative photographs rustle sleeping memories of what North Carolina looked like in the mid-to-late 20th century.

Divided into the state’s geographic regions, 191 images show the people and places of the Outer Banks, east, piedmont, and mountains.

Farmhands string tobacco, dedicated country doctors and nurses make house calls. We see famous people such as John F. Kennedy and Lyndon Baines Johnson, beloved landmarks and businesses such as the moving of the Cape Hatteras Lighthouse, and Mr. Ed’s “going out of business” store sale in Maxton. We see events during the Civil Rights movement, the pageantry of a fox hunt in Southern Pines, the bold urban growth in the Piedmont, and the beauty of weathered buildings at the Chicamacomico life-saving station complex.

Photographer and author Bruce Roberts gives detailed, commentary-style captions about the events and folks he photographed.

Roberts has nearly 50 years of experience in photography and news. He worked as a journalist for several North Carolina newspapers before joining the Charlotte Observer as a staff photographer in 1959. During 1963 to 1978, his photographs appeared in a number of books and national magazines. In 1978, Roberts joined the staff of Southern Living magazine as the magazine’s first director of photography and later served as its senior travel photographer.

“Just Yesterday: North Carolina People and Places” costs \$34.69, which includes tax and shipping. Softcover, color and black & white photos, 150 pages. For credit card orders, call (919) 733-7442 or access the Publications Section’s online store at <http://nc-historical-publications.stores.yahoo.net>. Or you can send a check to the Historical Publications Section (N), Office of Archives and History, 4622 Mail Service Center, Raleigh, NC 27699-4622. 

—Karen Olson House

“Just Yesterday”

Photographs by Bruce Roberts



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They Know More

Lessons we've learned from our grandparents

Two men cutting firewood

At the close of WWII in 1945, I had to make a choice: whether to go to work with my brother-in-law at his filling station or attend college on the G.I. bill. I talked it over with my grandfather.

"Well, son," he said, "let's look at it this way. Let's say two men have to cut a certain amount of firewood in a day. One of them gets out of bed early, picks up a dull chopping axe at the woodshed and rushes to the forest before sunrise. He puts in a long hard

day trying to produce his assigned quota of wood.

"Now the other guy gets up after a full night's rest, picks up his axe at the woodshed and spends some time sharpening it on a grinding stone. He then goes to the forest and begins work. In half the time and with much greater efficiency he produces even more wood than the other fellow with the dull axe."

Grandfather's message came to me loud and clear.

Howard E. Alley, Roswell, Ga., Haywood EMC

More than the piano

My grandmother, Mary Barker Brown, taught my sister and me how to play the piano. She was a music teacher from Ahoskie who taught children piano and organ after school in her living room. It was probably obvious to her after our first few lessons that her granddaughters had inherited little of her own musical abilities. But Grandma was a strong-willed woman, and she persisted in our weekly lessons through the 1960s.

She was one of seven children of an itinerant Methodist minister. She learned to play the classics and church music at home, but had a special love of show tunes during her later years. Every summer she would travel by Greyhound bus to New York City to see the latest shows and newly released movies. She brought back sheet music from the shows to share with her students.

I remember her enthusiastically playing "The Impossible Dream" from "The Man of La Mancha" and "You'll Never Walk Alone" from "Carousel."

My Grandma was an amazing woman who ran a profitable music school from her home. She was also an adventurous traveler. Her trips alone to New York to follow her passion surely took some courage for a widow in her seventh decade. She taught me to play the piano, but the way she lived her life was a lesson I will remember even more.

*Patti Carr, Virginia Beach
Carteret-Craven Electric*

Good things ain't cheap

My grandparents taught me what they thought was the true way of life and that was to be cheap. They taught me to buy the cheapest off-brand of many items such as milk, ice milk, butter and peanut butter, just to name a few. As I got older and did my own shopping, I learned that being cheap and buying off brand is not always the better route to take. My theory is "Best Is Better." As they say, cheap things ain't good, and good things ain't cheap.

Wanda Beamon, Mount Olive, Tri-County



Laugh

The best thing I learned from my grandmother was to laugh and to laugh deeply. It relieves pressure and lengthens your life.

She was one of those people who laughed way down deep inside, and everyone around her would begin to laugh, not knowing why they were laughing.

My grandmother broke up church on more than one occasion. She always sat in the middle way back in the sanctuary of her church. One Sunday, a lady who always sat on the second pew brought her grandson to church. During the worship service, this lady's grandson got fidgety, so she gave him her pocketbook. But instead of looking in it, he put it on his head! As his grandmother tried to get it off, the short handles got caught under his ear lobes and she just kept pulling with no success.

My grandmother, watching this whole mess, began laughing as quietly as possible. Being no small woman, her laughing convulsions began to shake the whole pew. Even after the pocketbook was removed from the boy, my grandmother must have continued to think about it, because throughout the rest of the service, she would begin laughing all over again.

I try to find something to laugh at every day. I know she did, and she lived for 99 years.

Wanda Garren, Lincolnton, Rutherford EMC

Mottos

My ears still ring with my Grandpa's many mottos. When we were repairing an old building, he'd say, "Nail it good. It will be no stronger than its weakest point." He would also say, "That first impression is a devil to change." So whether I was to meet someone for the first time, or had a task to do, I would try to make a great impression, or do a job well.

And when it wasn't well done and you tried to explain to Grandpa using the word "if," he would say, "There it is: the biggest little word in the dictionary. If you had the power of it, you could move mountains and rivers." Then with a diminutive smile he would add, "If a frog had wings, he wouldn't bump his rear." Only Grandpa didn't call the frog's bottom its rear.

F.G. McCormick, Yadkinville, Surry-Yadkin EMC

How to drive

I learned from my grandmother how to drive a car. I learned how when I was about 6 years old. I was outside and the keys were in the car, so I hopped in it and started driving, or at least trying to. My grandma came running out of the house, trying to chase down the car. She finally caught up to me, opened the door and snatched me out. It was the first time I had ever been spanked by my grandma.

Anthony Gaertner, Perquimans High School

Following through

In school, our teacher assigned "task cards" each day. I was a bit lazy sometimes, and I didn't always complete all of my work.

One Friday, I was so excited because my Big Daddy was picking me up from school. When I got into his old two-toned yellow pick-up truck, he asked me if I wanted ice cream. Of course I did! Then he asked if I had finished all my work. Uh oh! I replied, "Half of it."

We pulled out of the parking lot, drove down the street, and pulled over to the side of the road just in sight of the Tastee Freez. He stopped the truck, looked at me and said, "You did half your work, so we will go half way to the Tastee Freez."

He put the truck in gear, turned around and took me home. Nothing else was ever said about that "half-trip" to the ice cream parlor, but I still use his example with my children and students as an important lesson about following through with all responsibilities.

Leigh Anne Howard, Newport, Carteret Craven Electric



continued on page 16

GO ONLINE Thanks to everyone who sent us stories about grandparents. We wish we had space to publish more. Next month we'll publish photos and stories of the tackiest lawn ornaments you ever saw. {Deadline was Jan. 15}.

send us your best **EARN \$50**

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

April 2009 Old-Fashioned Summer Send stories and photos of what summer was like in the old days. <i>Deadline: February 15</i>	May 2009 Inside My Dream Home What would go inside your dream home? Already there? Send photos. <i>Deadline: March 15</i>	June 2009 Dumb Exercises Send stories of those exercise routines or machines that really didn't do any good. <i>Deadline: April 15</i>
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- The Rules**
1. Approximately 200 words or less.
 2. One entry per household per month.
 3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
 4. E-mailed or typed, if possible. Otherwise, make it legible.
 5. Include your name, electric co-op, mailing address and phone number.
 6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
 7. We pay \$50 for each submission published. We retain reprint rights.
 8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
 9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
E-mail: finer@carolinacountry.com
Online: www.carolinacountry.com

Say what you feel

When I was 11, my mom and I lived with my Mam-maw Blankenship. She was an in-home aid and spent most of her time working. It was the day before Thanksgiving when Mam-maw came home unexpectedly. We sat down at the table and talked about the past few days. She had been very sick.

She looked at me with the saddest of eyes and said, "Why don't you love me? You never just hug or kiss me like my other grandchildren."

I didn't know what to say. I had a huge lump in my throat, thinking that my Mam-maw believed I did not love her. I did love her. She was the greatest!

Later on that night, my Mam-maw passed away. At the hospital, they allowed two at a time to say our good-byes. My sister and I went in, but no words would come out—only tears. I never really got to tell her.

No matter how difficult it is, you should always let your loved ones know how much they mean to you.

Karen Stroud, Hiddenite, EnergyUnited

Don't chase mother hens

My Grandpa and Grandma Tilley lived in rural Richmond County in Ellerbe. They lived in an old farmhouse there in the Sandhills in the 1950s. They didn't have running water and had to draw up their water from the well. They had a cow that they milked daily. I remember very well my Grandma using the churn to make butter. They also had plenty of chickens running around. I remember my Grandpa cutting off the rooster's head and the chicken would still run around. I don't really remember the chicken meal that followed. I do remember chasing around a mama hen who had a bunch of biddies, and I really remember being flogged by the mama hen. At age 5, it was a terrifying experience to be jumped on by a mad chicken. My Grandpa told me never to chase a chicken who had biddies. I listened and have not been attacked since then.

Carolyn Thompson, Mt. Gilead, Randolph EMC

Recycle and reuse

My grandmother taught me to be green when green was just a color. She placed water barrels under the eaves of her house, so when it rained they filled with water. She then used this water to wash her clothes outside in a large pot. Once the water cooled, she used this same water to water her garden. The suds in the water helped to repel bugs. Any bugs left after this treatment she picked off by hand.

She didn't buy paper, but instead recycled ever piece of paper she received. When she got a present, she would carefully fold the paper for later use.

She used newspaper margins to write lists or to line cabinets.

Food always got a second life as a new dish. She did not buy any processed foods other than flour, sugar, coffee and syrup.

Her methods have never been more useful and helpful than now. I am using the very techniques my grandmother used to stretch out resources and I am thankful I had her to learn from. ♻️

Paula Sauls, Fremont, Tri-County EMC

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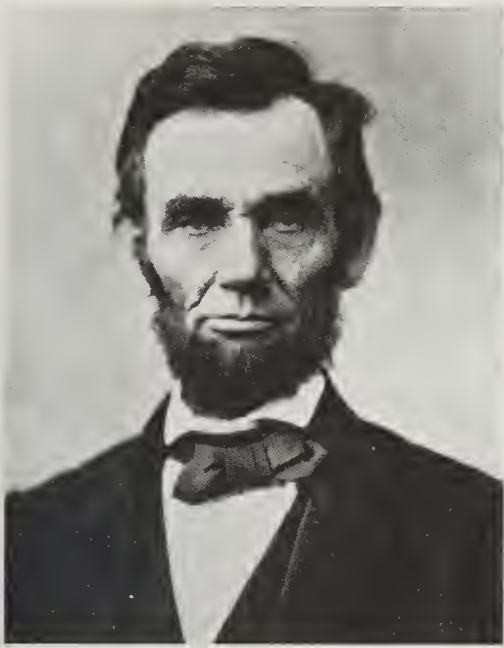
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Is 2009 really the 200th anniversary of Abraham Lincoln's birth?

Or, was he here in North Carolina a few years earlier?

By Michael E.C. Gery

Serious scholars say it's just a bunch of hooey, but the rest of us still wonder if Abraham Lincoln, the 16th president of the United States, might have been born this month in 1804 here in Rutherford County, N.C.

While Carolina Country did not start this ball rolling—that most likely was James H. Cathey, a state legislator, who alleged Lincoln's Tar Heel roots in an 1899 book—we certainly have kept it rolling along, mainly because it seems like good sport. Also, it doesn't do any harm to determine for sure where Lincoln was born.

The possibility that Abraham Lincoln was born in Rutherford County has become somewhat of a cottage industry—or, we might say, a log cabin industry. In March 2008, proponents opened their own Lincoln Center in the old Bostic, N.C., train depot, only months after the area's leading proponent, Tom Melton, died. Tom Melton, a World War II veteran and educator, collected all he could about Abe Lincoln's connection to North Carolina, and he had a marker placed about a mile from Puzzle Creek, where lie the first pieces of the puzzle of Lincoln's birth. The Bostic Lincoln Center is formally petitioning for DNA to help solve the puzzle.

A recent Lincoln Center event had Jerry Goodnight signing his new book "Looking For Lincoln Amid the Rumors, Legends and Lies" and career Navy man and aircraft electrician Don Norris signing his new one, "Abraham Enloe of Western North Carolina, the Natural Father of Abraham Lincoln."

Norris' self-published book sketches the origin and selected adventures of the gentleman farmer who Mr. Norris and others claim fathered Abraham here on Puzzle Creek. More recently, Alleghany County resident Annis Ward Jackson published "Into the Twilight: A Disavowed Beginning," described as "a story of ill-fated love" based on the lore surrounding Lincoln's North Carolina connections.

We should point out that The Lincoln Museum in Kentucky is located in Hodgenville, three miles from the alleged Kentucky log cabin birthplace on a farm called Sinking Spring, where documents show Thomas Lincoln lived with Abraham's mother, Nancy Hanks Lincoln, in 1809, which is when some people, including Honest Abe himself, say Abraham was born. And that the North Carolina Office of Archives and History on Feb. 12 will host "The Lincoln Bicentennial: A Symposium" at the Museum of History in Raleigh, at which it's unlikely any serious scholarship on Lincoln's birth in our state will be presented.


Nevertheless, there are plenty of people who assert in all seriousness that Abraham Lincoln was born to Nancy Hanks in February 1804, two years and four months before the recorded marriage of Thomas Lincoln and Nancy Hanks in Washington County, Ky. They say that the toddler Abraham was nearby during that wedding, and that his mother had been carried by Mr. Lincoln, a muleskinner, to Kentucky because she was unwanted in the North Carolina household where, as a bondservant, she had romanced the well-off businessman, cattle dealer and slave trader Abraham Enloe.

Evidently there were records (since disappeared) of Nancy Hanks attending Concord Baptist Church in Rutherford County. Even though

scholars say there were lots of women named Nancy Hanks around at the time, this Nancy seems to have been transported along with her young son out to Swain County, where Abraham Enloe had recently moved to set up a new farm with his family. This Nancy had been living with the Enloes on Puzzle Creek as a servant since she was about 12. When she was about 17, the story goes, she and the tall, lanky Mr. Enloe became intimately involved. Nancy accompanied the large family to their new place in Swain County, not far from Waynesville, until Nancy's pregnancy became obvious. Mr. Enloe then arranged for his friend Felix Walker, of Buncombe County, to take Nancy back to the Puzzle Creek homestead which was occupied by tenants. Nancy gave birth to Abraham there.

What happened next is just as unclear as what happened earlier, but the story says Mr. Enloe arranged to bring Nancy and Abraham back to Swain County. But Mrs. Enloe wanted them out. So Mr. Enloe arranged for them to go 300 miles away to Kentucky, a place where he had established a grist mill, and that he paid a short, stocky, shiftless millworker named Tom Lincoln to marry Nancy and care for the family. The story continues that at some point Mr. Enloe heard that Mr. Lincoln was mistreating Nancy, so he visited the household, consoled Nancy, was caught by a drunken Mr. Lincoln who then tussled with Mr. Enloe and bit his nose pretty hard.

R. Vincent Enlow, of New Jersey, published not long ago a lengthy examination of the story. He's distantly related to Abraham Enloe, like a few other people in western North Carolina who look an awful lot like Abraham Lincoln.

Anyway, for more information, start at www.bosticlincolncenter.com. 

Heating and cooling efficiently with heat pumps

As the name implies, heat pumps move heat from one place to another. During winter months, they collect and consolidate heat from outside sources and move it inside; during summer months, they reverse the flow and send warm, indoor air out.

The most common type is an air-source heat pump that resembles an air-conditioning unit and uses the air around it to transfer heat. Geothermal heat pumps, also known as ground-source heat pumps, use the earth itself or groundwater as a means of transferring heat.

When replacing an electric heating system, air-source heat pumps can trim the amount of electricity needed for heating by as much as 30 to 40 percent over conventional heating systems. Although a typical high-efficiency, ENERGY STAR-qualified air-source heat pump comes with a hefty \$6,000 price tag, it's estimated that energy savings,

compared to older systems, will offset the purchase price within five years.

Geothermal heat pumps come in two types: a groundwater (open-loop) system uses well water; an earth-coupled (closed-loop) model moves a water and antifreeze solution through underground pipes. They can cost anywhere from \$15,000 to \$40,000 for an average home—excavation, installation of underground pipes, and (with a groundwater heat pump) well drilling accounts for much of the price tag. But annual geothermal energy savings average between 30 percent and 71 percent, according to the Geo-Heat Center, a part of the Oregon Institute of Technology, and provide fairly rapid payback. Even better, ENERGY STAR versions use up to 60 percent less energy than their standard air-source counterparts.

“Heat pumps—whether they're geothermal or air-source—can be tricky to

put in,” explains Brian Sloboda, senior adviser with the Cooperative Research Network, an arm of Arlington, Va.-based National Rural Electric Cooperative Association. “A good rule of thumb is to get a North American Technician Excellence [NATE]-certified installer. They've passed a comprehensive test and will know what they're doing.”

Sloboda adds that air-source heat pumps work at maximum efficiency in moderate climates where the outside temperature rarely drops below 30 degrees Fahrenheit. Other options include a dual fuel system, for example, where an oil, natural gas, or propane furnace supplements the heat pump during the coldest months.

Homeowners considering a heat pump should discuss their options with their electric cooperative. It is important to learn the ins and outs of available technology.

—Scott Gates, NRECA

For more information

- **Heat Pump Reference Guide**

https://crn.cooperative.com/Results/items/2008/CRNResults_05-18B.htm

The objective of this guide is to give the reader a basic understanding of heat pump performance. In addition, this guide will outline how to properly purchase, install, and distinguish different types of heat pumps.

- **Best Practices in Energy Efficiency**

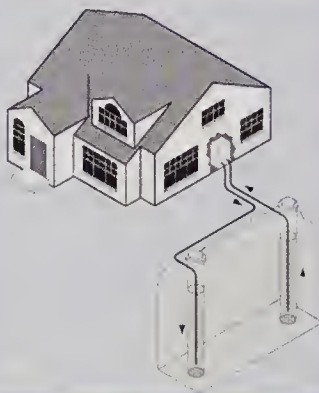
https://crn.cooperative.com/Results/items/2006/CRNResult_06-17.htm

The Cooperative Research Network's “Best Practices in Energy Efficiency” shows how rising energy costs, fuel switching, and new technologies are creating opportunities for co-ops to help reduce costs. It also identifies and evaluates technology and service options for residential and small commercial consumers.

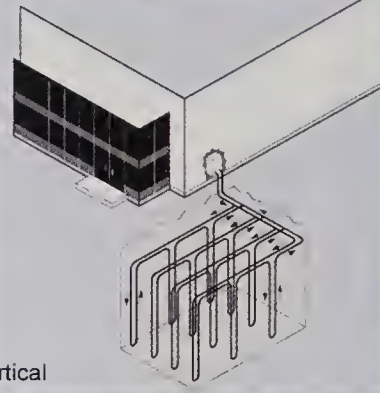
Types of Geothermal Heat Pump Systems

There are four basic configurations for geothermal heat pump ground loops. Three are “closed-loop systems,” where a water and antifreeze solution is continually moved through pipes; the fourth is an “open-loop system,” where groundwater or well water is used.

Open Loop Systems

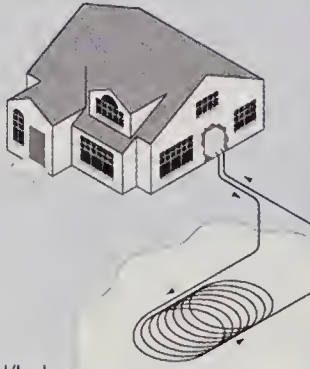


Closed Loop Systems



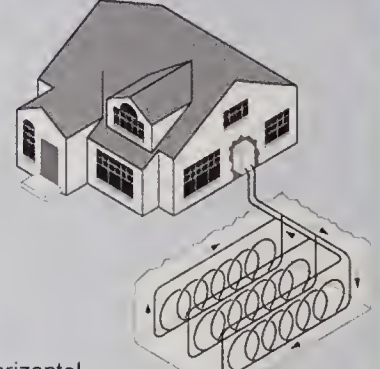
Vertical

Closed Loop Systems



Pond/Lake

Closed Loop Systems



Horizontal

Source: U.S. Department of Energy, Office of Energy Efficiency and Renewable Energy

Manufactured home tips: inspecting your crawl space

The crawl space under your mobile or manufactured home offers access to some of its most important energy details. It's worth taking the time to inspect this often-neglected area.

If your mobile home has skirting installed around the edges, find an access point where you can either open a hinged door or remove a piece of skirting. The best place to enter is usually near the center of the home, where you will have good access to the plumbing and to the area under your furnace. Wear sturdy clothes for this inspection and bring a bright light.

Ductwork. Your mobile home's ductwork is probably installed beneath the

floor. Check to see if any of this ductwork is exposed and or if any joints are loose or disconnected. If you live in a double-wide, inspect the "cross-over duct" that connects the heating system in each half of the home. If you find disconnected ducts or loose joints, seal them up with metal duct tape or with duct mastic. Avoid common gray fabric "duct tape" since it tends to come loose.

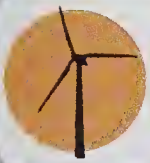
Insulation. Your mobile home was designed and built with insulation in the floor, and a layer of fiberboard or "belly paper" to protect this insulation and the plumbing lines above it. This protective layer often gets damaged

by animals, wind or tradesmen. This leaves the home exposed to outdoor air that robs energy in both winter and summer, and allows the floor insulation to get damaged. Replace any missing insulation with fiberglass batts, bulky material made from fabric or other fibers, used for padding and stuffing, then repair any damage you find in the belly. Use plywood and screws to repair any damaged fiberboard. Use belly paper (purchased at a mobile home supply shop) and construction adhesive to repair any torn paper.

Source: Chris Dorsi, Saturn Resource Management (www.srmi.biz)

Energy Policy 101

An ever-growing list of terms and acronyms describe aspects of public policy that can have a very real impact on electric bills at home. As energy policy gets shaped through the actions of a new administration and Congress, expect to hear more about the terms below.



Renewable Portfolio Standards (RPS)

Laws passed by 28 states and Washington, D.C., (as of 2008) that require investor-owned utilities, some municipal electric systems, and electric generation suppliers to add increasing amounts of 'clean and green' energy to their power supply mix by a certain date. Eighteen states call for electric co-ops to meet RPS mandates.



Clean Renewable Energy Bonds (CREBs)

Federal bonds that act as interest-free loans and provide not-for-profit electric co-ops with a way to invest in renewable generation. Co-ops had used \$450 million in CREBs for renewable generation projects by the end of 2008.



Production Tax Credit (PTC)

A federal tax incentive designed to support the introduction of new renewable energy sources (such as wind, geothermal, biomass, and small hydropower) by investor-owned utilities. Electric co-ops are not eligible for the PTC, but can use CREBs for the same purpose.



Cap and Trade

A system of regulating greenhouse gases (GHG), like carbon dioxide, where each source (like a power plant) has a limit placed on the amount of gases it can release—the *cap*. Those who emit less than the cap can sell their extra allowances to those who are not able to make reductions as easily—the *trade*.



Carbon Tax

A proposed tax on energy sources that emit carbon dioxide, based on the carbon content of a particular fuel, meant to curb both carbon emissions and consumption of coal, natural gas, and oil. The resulting revenue could be used to fund environmental projects, reduce other taxes, or returned to taxpayers via rebates.

Source: National Rural Electric Cooperative Association

Buy a new car or keep the old one?

It makes more sense from an environmental perspective to keep your old car running and well-maintained as long as you can—especially if it's getting good mileage. There are environmental costs to both manufacturing a new automobile and adding your old car to the ever-growing collective junk heap.

A 2004 analysis by Toyota found that as much as 28 percent of the carbon dioxide emissions generated during the lifecycle of a typical gasoline-powered car can occur during its manufacture and its transportation to the dealer; the remaining emissions occur during driving.

Your current car has already passed its manufacture and transport stage, so its remaining footprint relates to your driving it, and the environmental impact of either disposing of it or selling it to a new owner who will continue to drive it. There are environmental impacts, too, if your old car is junked, dismantled and sold for parts.

The new hybrids—despite lower emissions and better gas mileage—actually have a much larger environmental impact in their manufacture, compared to non-hybrids. The batteries that store energy for the drive train are no friend to the environment—and having two engines under one hood increases manufacturing emissions. And all-electric vehicles are only emission-free if the outlet providing the juice is connected to a renewable energy source.

If you want to assess your current car's fuel efficiency or emissions, there are many services available online. The government Web site FuelEconomy.gov provides fuel efficiency stats for hundreds of different vehicles dating back to 1985. The sites TrackYourGasMileage.com and MPGTune.com can help you track your mileage and provide tips to improve fuel efficiency for your specific vehicle. MyMileMarker.com takes it a step further, making projections about annual mileage, fuel costs and fuel efficiency based on your driving habits.

If you must change your vehicle, be it for fuel efficiency or any other reason, one option is to buy a used car that gets better gas mileage than your existing one. There are environmental advantages to postponing replacement purchases—of anything, not just cars—to keep what's already made out of the waste stream and to delay the additional environmental costs of making something new.

To learn more: www.fueleconomy.gov; www.trackyourgasmileage.com; www.mpgtune.com; www.mymilemarker.com; Greenmeter App, www.hunter.pairsite.com/greenmeter.

Wood-burning fireplaces

According to the Massachusetts Department of Environmental Protection, wood smoke “contains toxic carbon monoxide, smog-causing nitrogen oxides, soot, fine particles, and a range of other chemicals and gases that can cause or worsen serious health problems, particularly among children, pregnant women, and people with breathing difficulties.”



Fireplace wood smoke contains carbon monoxide, smog-causing nitrogen oxides, soot, fine particles, and a range of other chemicals and gases.

The U.S. Environmental Protection Agency warns that those with congestive heart failure, angina, chronic obstructive pulmonary disease, emphysema or asthma should avoid wood smoke if possible. Wood smoke is also bad for the outdoors environment, contributing to smog, acid rain and other problems.

One alternative is to burn wood pellets, which are made from sawdust and other lumber byproducts that would have otherwise been landfilled. These tiny logs burn very efficiently and almost completely—largely because there is little moisture content—so there are fewer pollutants to escape. You need a pellet stove to burn wood pellets, though, or a fireplace insert to handle them safely. (Such an insert employs an igniter to fire the pellets, a blower to fan the fire, and an auger that pours pellets into the flames. Together they obviate the need to open the stove doors—and let pollutants into your living room—to feed the fire.)

You could also go for a gas insert, which would burn either liquid propane (from a swappable tank) or piped-in natural gas. These inserts draw in air to oxygenate the fire and channel smoke outside, either up the chimney or through a vent. Because fireplaces are typically of more value for aesthetic purposes than heating efficiency, it might not be worth investing time and money into an insert. Using the primary heat source for your home and burning a candle or three in your fireplace might be the most efficient way to stay warm but still enjoy the ambience of live flames in your fireplace. 🌱

To learn more: Massachusetts DEP, www.mass.gov/dep; Children's Health Environmental Coalition (CHEC), www.checnet.org.

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\$165,000	\$875.70	30 YR. Fixed	4.90%	5.06%
\$235,000	\$1,243.64	30 YR. Fixed	4.87%	5.03%
\$325,000	\$1,719.93	30 YR. Fixed	4.87%	4.98%

Samples are Fixed Rate conforming loans, 75 LTV rate/term transactions and 720 FICO scores. All products allow principle payments at any time without penalty. All rates and terms subject to change with market conditions. Other Rates, Terms and Products available. Call about Cash Out, FHA to 95%, Debt Consolidation, JUMBO Loans, Double Wide w/Land and MORE! Ask about our 40, 20, 15 and 10 year terms and interest only programs to get your LOWEST payment!

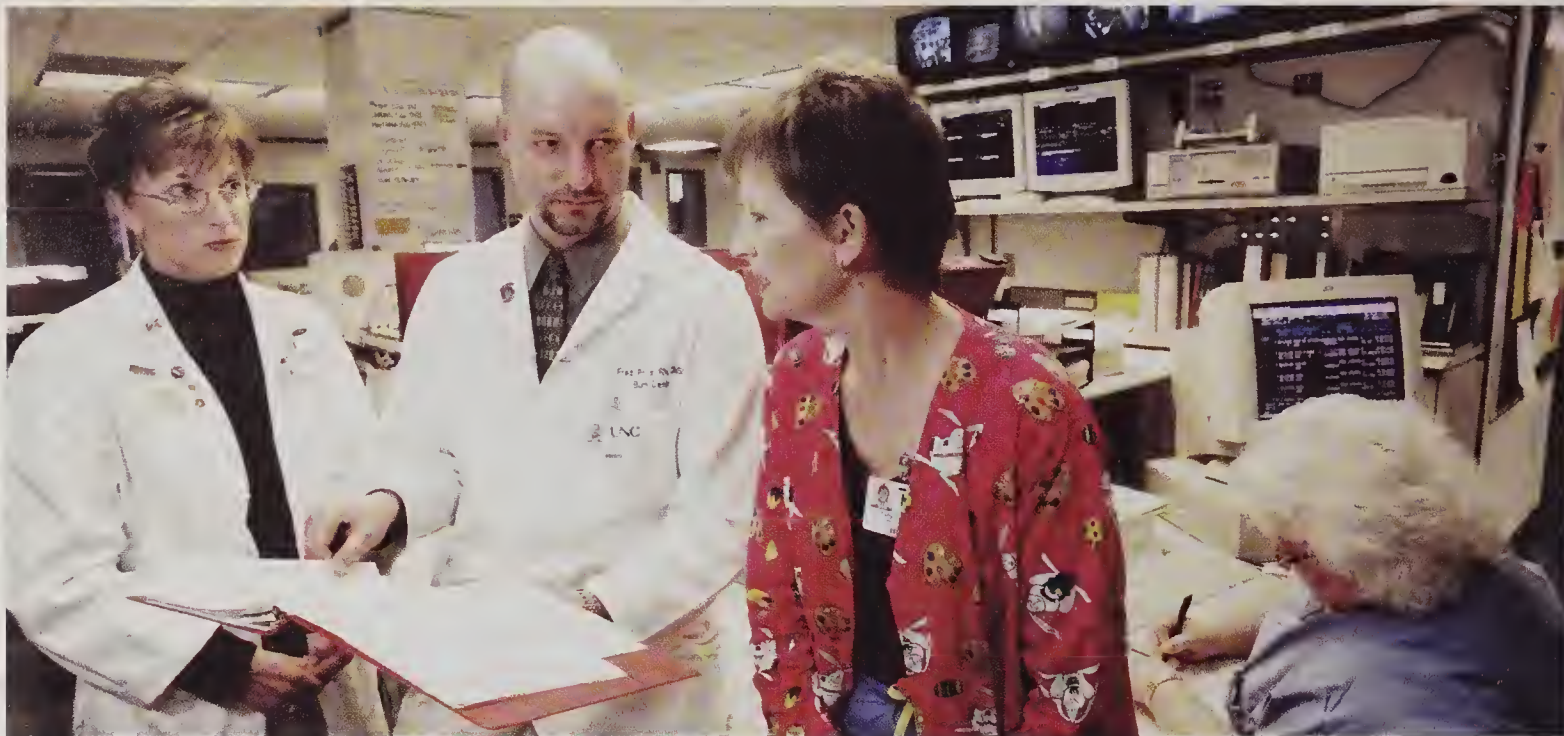
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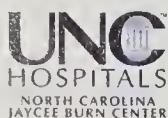


Thanks to those who care about the North Carolina Jaycee Burn Center

The Touchstone Energy Cooperatives of North Carolina hosted a golf tournament in October 2008 that raised a record \$105,000 for the North Carolina Jaycee Burn Center's "Learn Not to Burn" program. The program sends specialists to make presentations to schools, fire departments, senior citizens, Jaycees and other community organizations. Many serious injuries and fatalities are prevented each year because children and adults learn not to burn.

"This program is truly about the kids," said tournament chair Dale Lambert, EVP of Randolph EMC, Asheboro. "When fires do occur, children should know how to respond."

Listed here are the major donors to the golf tournament and other fundraisers supporting the cause. The cooperatives also are grateful to the many other businesses and individuals who contributed to the success of the tournament.



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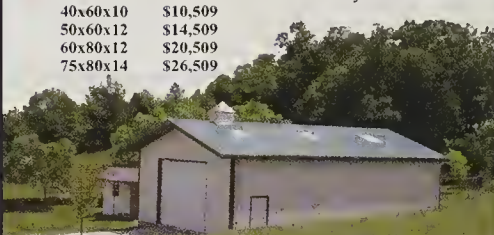
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Getting To Know...

Paul Green

Born: March 17, 1894, near Lillington

Known for: Pulitzer Prize-winning playwright

Accomplishments: Paul Green grew up on his family's cotton farm. He read books while following a plow and taught himself to play the violin. He entered the University of North Carolina (UNC) in 1916, left to serve in the army (1917–19), then returned to UNC and took a B.A. Green's graduate work was in philosophy at Cornell. He came back to Chapel Hill in 1923 and taught in its philosophy department until he helped found a dramatic arts department there in 1937. An early advocate of blacks' women's and workers' rights, he set an enduring standard of courage and artistic forthrightness. He created symphonic drama, a form that incorporates historical events, music and pageantry usually for outdoor performance. His first symphonic experiment was "Roll Sweet Chariot" (1934), which

ran for only four performances on Broadway. More warmly received was "The Lost Colony" (1937). The second oldest outdoor historical drama in the U.S., it is performed annually near Manteo in the summer. Green, who later founded The Institute of Outdoor Drama, had four children with his wife, Elizabeth. He died in 1981.



Library of Congress



LOOKING BACK

February 1, 1960, marks the fateful day four brave black students sat down at a segregated lunch counter in a Woolworth's store in Greensboro and made history. The counter's chairs and stools were for whites, while blacks had to stand and eat. The four were refused service, but allowed to stay. The next day, 28 students showed up for the sit-in, and the third day brought in 300. About five months later, three local stores changed their policies to allow integrated counters. The Greensboro sit-ins inspired civil rights groups across the South to take up the non-violent tactic at parks, beaches, swimming pools, museums and other public sites. On July 2, 1964, President Johnson signed the Civil Rights Act on live television, making it illegal to discriminate based on race, color, religion or national origin. You can see four chairs from the lunch counter, along with photographs, headlines and an event timeline, at the Greensboro Historical Museum. Guided tours for students are free. (336) 373-2043 or www.greensborohistory.org.



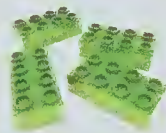
Greensboro Area Convention & Visitors Bureau

"A TEACHER SHOOTS BACK"

Former social studies teacher and North Carolina resident Gary Weart had lost 12 students to violence in North Carolina schools when he, along with Angela Bynum, started Students Against Violence Everywhere, or SAVE. Weart's memoir, "A Teacher Shoots Back: Targeting School Violence", tells his story and relates his other adventures such as working in Army counter-intelligence. It is softcover, 200 pages, published by iUniverse and sells for \$17.95. It can be ordered through links at www.ateachershootsback.com. Now retired, Weart supervises student teachers and lectures on violence. For more about SAVE, a national, student-driven non-profit organization headquartered in Raleigh, visit www.nationalsave.org.



Re-use it! Ideas keep coming...




A few more from readers: Frances Schweiber of Locust "personalizes" advertisement refrigerator magnets by taping favorite photos over them (use double-stick tape). She also saves used postage stamps, especially foreign ones, and creates conversation-piece collages on clear plates and ashtrays using glue and her own ingenuity. J. Kevin Jonas, who lives north of Hickory in Bethlehem, turns potato chip bags inside out (washing them, of course) and uses them for gift bags. Margaret Rose of Harkers Island suggests using Nescafe's Taster's Choice coffee cans, which have a hinged, snap-on lid, to store crayons, colored markers and small toys such as Legos.

Webzines for Hispanic girls & teens

North Carolina has the fastest-growing Latino population in the country, and estimates show the Hispanic teen population in particular is expected to burgeon in coming years. Hispanic Latinitas, a non-profit organization based in Austin, Tex., produces online magazines made by and for Latina youth. The bilingual webzines focus on informing and inspiring Latinas to grow into healthy, confident and successful adults. Articles are a fresh mix of fashion, relationship, school and financial advice, technology talk, movie and music reviews and book recommendations. Latinitas makes separate editions for girls and teen girls. www.latinitasmagazine.org.





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Decorative wood carvings

After his career as a veterinarian, Don Reeser began carving birds, ornaments and decorative accessories. His hobby has taken him to exhibitions around the country where the carver has won awards. Based in Kernersville, Reeser, who is a member of EnergyUnited, likes to carve in tupelo because it details well. Although Reeser makes other carvings, he especially enjoys depicting songbirds and raptors. He accepts custom orders and holds occasional seminars. His carvings start around \$350 for a small carving to \$5,000. Hawk carvings are priced around \$2,500.

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Cape Fear Flamenco

Wilmington-based flamenco and Spanish classical guitarist William Paco Strickland offers favorite selections of previous recordings in his new CD. The compilation features 27 tracks that embrace many cultures and genres, including Arabic, Latin, Jamaican, Moroccan and Hawaiian works. Paco provides traditional flamenco styles of Sevillanas, Buleria and Tangos to classical pieces. "Cape Fear Flamenco: The Best of William Pac Strickland" sells for \$17.95.

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Correction: In January's Carolina Country Store, we omitted watercolor artist Gail Rawlings Smith's last name. We apologize for the error.

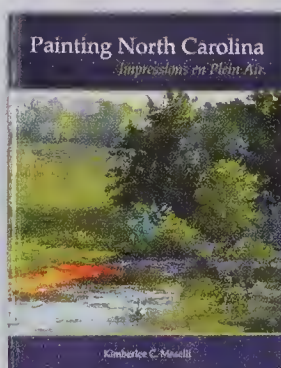
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Plein air impressions

Plein air painting—painting outdoors, on location—is a technique that has been practiced since the early 19th century. In this new book, readers take a visual tour of North Carolina, from the majestic western mountains to the sunlit eastern shores. In addition to viewing a range of beautiful North Carolina scenes, readers learn about the plein air process and discover how the artists featured were inspired to paint North Carolina places. Author Kimberlee C. Maselli, who lives in Cary, includes multiple images and quotations by the painters. "Painting North Carolina: Impressions in Plein Air" is published by Carolina Academic Press in Durham. Hardcover, 136 pages, \$29.95.

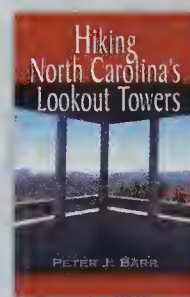
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Lookout towers guide

Fire and lookout towers that were built to safeguard forests by reporting fires in isolated areas offer superb vantage points. In "Hiking North Carolina's Lookout Towers," Peter Barr describes 26 such sites in the mountains. Each entry includes historical information about each tower and the mountain on which it stands. The entries contain descriptions of what can be seen from the towers; through maps, black and white photographs and directions, distances, and difficulty ratings for hiking trails and routes leading to the towers. Some towers are located on public lands, and for the remainder, author Peter Barr received access permission from the landowners. Barr, one of only three people to have climbed all of the 100 highest Southeast summits as well as the 100 highest in the state, lives in Concord. Softcover, 271 pages, \$14.95.

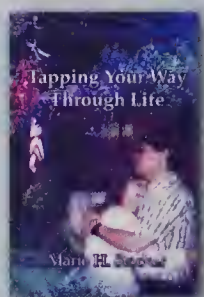
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"I Married A Blind Man"

Told from a sighted-partner perspective, author Marie Stocker tells her story of sharing life with a blind man. Her husband has never seen her visually. At first, her friends were aghast she was marrying a man who went blind in his most productive life. Love won out, and she stepped into his world expecting hardships. She was rewarded with something very different. Stocker, who lives in Hendersonville, covers a brief history of public attitudes and the social implications of blindness today. Seeking to enlighten us, Stocker tells her story with humor and introspection. "Tapping Your Way Through Life: I Married a Blind Man" is published by Publish America in Frederick, Md. Softcover, 202 pages, \$24.95.

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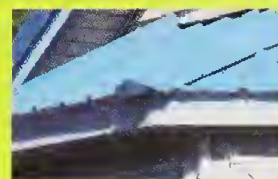
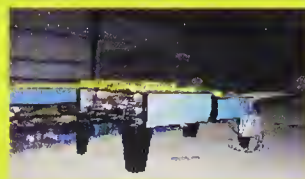
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Osniat Rom



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ONGOING

"Andy Warhol Portfolios: Life & Legends"

Mint Museum of Art
Through Feb. 15, Charlotte
(704) 337-2000
www.mintmuseum.org

Featured Artists' Work

Feb. 1–28, Mebane
(919) 563-2300
www.artandsoulmebane.com

Black History Exhibition

Feb. 2–28, Smithfield
(919) 209-2531
www.johnstoncountync.org

"Escultura Social"

Nasher Museum of Art
Art from Mexico City
Through June 7, Durham
(919) 684-5135
www.nasher.duke.edu

"Cleveland County's History"

Kings Mountain Historical Museum
Through April 25, Kings Mountain
(704) 739-1019
www.kingsmountainmuseum.org

"Masters of the Night"

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The Lion, The Witch, & The Wardrobe

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www.foundationshows.org

Herbal Soap Crafting

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www.patwictor.com

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Sing Me Back Home

Country music
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(919) 209-2099
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Wildlife Arts Festival

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www.perquimansarts.org

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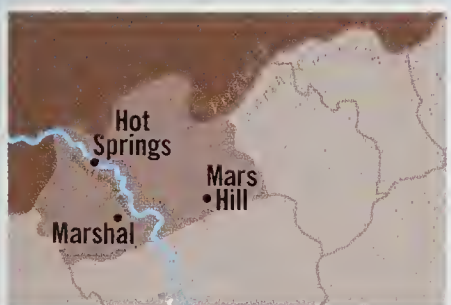
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Small-town friendliness and adventuresome recreation opportunities are abundant here in this beautiful county. On Highway 251 (the longer, but more scenic route from Asheville), you'll spy little farms and ever-changing glimpses of the French Broad River. There are few franchises here, but no shortage of handcrafted goods sold with a smile. Picturesque Marshall, the county seat, sits on the French Broad, and has about 840 residents, an old-time general store, new eateries and a blossoming arts community. A bluegrass jam is held Thursdays at Zuma's Coffee Shop, with mountain dancing Friday nights at The Depot. Located at the junction of the Appalachian Trail and the French Broad, quaint Hot Springs formerly drew mostly wealthy folks seeking mountain breezes. Today, it's a storied stop for limping hikers who savor some R & R in the therapeutic springs before marching northward. Here the Bridge Café's grilled pizzas are renowned and Sweet Imagination serves up homemade soups and frothy milkshakes. Mars Hill (pop. 1,764) boasts a pretty, four-year, liberal arts college and Southern Appalachian Repertory Theatre's summer productions. Snow skiers can discover downhill trails day or night at Wolf Laurel Ski Resort.

Three top spots:

Rural Life Museum: Located at Mars Hill College, exhibits include a prize collection of William Barnhill photographs illustrating mountain life. Demonstrations of rural traditions such as clogging are also held here. Open by appointment only—there is no fee to tour. (828) 689-1262.

French Broad rafting: The third oldest river in the world, the free-flowing French Broad winds through Pisgah National Forest. Its Class II, III, and IV rapids draw vacationers from nearby Asheville, Lake Lure and Black Mountain. Lower French Broad trips are laid-back floats that offer folks a chance to swim. Major outfitters include French Broad Rafting Expeditions in Marshall, (800) 570-7238 and Huck Finn Rafting Adventures in Hot Springs, (877) 520-4658.

Natural springs: You'll want to get in hot water here. Hot Springs Resort & Spa has suites, cabins and a campground but you don't have to stay overnight to purchase access to its Jacuzzi-style hot tubs, filled with mineral waters and positioned outside along Spring Creek and the French Broad. (828) 622-7676 or www.nhotsprings.com.

Space-saving and fast-growing oaks

Grand old oak trees like white oaks and live oaks are treasured legacies from ages past. New generations of homeowners are less frequently planting these beauties, perhaps due to lack of space or a perception that they will grow too slowly. Some oak species are modest in size, however, and others grow rapidly enough to rival the rates of typical shade tree species. A few small species, along with fast-growing ones, are suggested here.

Oaks for smaller spaces include:

- ▶ **Blue jack oak** (*Quercus incana*). 30' tall x 20' wide. Well-drained, dry soil; very drought-tolerant. Leaves have bluish-gray undersides. Orange/reddish leaves in fall.
- ▶ **Dwarf chinkapin oak** (*Q. prinoides*). 15' tall x 15' wide. Full sun to part shade; can tolerate drought and poor soils. Trunk has multiple branches. Slow growing. Produces acorns at 2–3 years old, 2–3 feet tall. Red to orange foliage in fall.
- ▶ **Georgia oak** (*Q. georgiana*). 15–30' tall x 15–30' wide. This shrubby oak grows best in full sun. It is adaptable to a range of soil types and is tolerant of drought. Lustrous, dark-green leaves turn red to reddish-purple in fall.
- ▶ **Turkey oak** (*Q. laevis*). 30' tall x 15' wide. Full sun in dry, well-drained soil; great for sandy or gravelly substrate. Very drought-tolerant. Leaf resembles outline of turkey's foot. Brilliant red foliage in autumn. Growth rate is 1–2 feet per year.

Fast-growing species of oaks include:

- ▶ **Chinkapin oak** (*Q. muehlenbergii*). 40–50' tall x 40–60' wide. Best in full sun in well-drained, organically rich soils. Yellow-orange to orange-brown leaves in fall. Grows up to 3 feet per year.
- ▶ **Northern red oak** (*Q. rubra*). 60' tall x 45' wide. Grows best in full sun in moist, well-drained, loamy soil. Tolerates compacted soil. Red leaves in fall. Grows up to 2 feet per year.
- ▶ **Nuttall or Texas red oak** (*Q. texana*). 40–80' tall x 35–50' wide. Full sun in wet to average soil. Good for streamside planting. New growth is reddish-purple, turning dark green; reddish fall foliage. Grows 2–3 feet per year.
- ▶ **Pin oak** (*Q. palustris*). 60–70' tall x 25–45' wide. Full sun in rich, moist to dry soils. Weeping lower limbs. Dark, glossy leaves turn russet, bronze or red in fall. Grows 2–3 feet per year.
- ▶ **Swamp white oak** (*Q. bicolor*). 60' tall x 40' wide. Rich, moist, cool sites. Produces acorns at a young age. Fall foliage in orange, red or yellow. Grows up to 3 feet per year. Keep in mind that though many of these trees grow rapidly initially, the speed may taper off in later years.



For best results when planting strawberries, choose a site open to direct sunlight most of the day.

Also, size and growth rate may vary according to site conditions. (Homeowners with the space should strongly consider planting large species of oaks to provide shade for future generations, as well as acorns for tomorrow's wildlife.)

Hort Shorts

- ▶ Plant bare-root strawberries in March. When buying, look for roots that are moist and plump. Choose plants with a fresh, earthy smell. Plant in well-drained soil that is rich in organic matter. Strawberries are well suited to pots and raised beds. Avoid planting where tomatoes, pepper, eggplants or potatoes have been grown before. Plant with the crown even with the soil surface. Pinch off new blooms to encourage root development and a more abundant harvest next year.
- ▶ Sometimes it's hard to improve on a classic, like the timeless native eastern redbud (*Cercis canadensis*). Its rosy-pink flowers, followed by heart-shaped, medium-green leaves, are a harbinger of spring. But 'Forest Pansy', with its deep red-purple leaves maturing to maroon, is a nice twist on the standard, as is 'Hearts of Gold', which bears bright yellow-gold or chartreuse leaves. Grows 20–30' tall x 25–35' wide. Likes sun or dappled shade. ⓘ



Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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LEDs and fluorescents make good work lights

There are a variety of work lights available on the market today. Metal cage-type work lights are inexpensive to buy, but as with most products, you get what you pay for. If anyone has ever used this type of work light, you probably have the burn marks on your arms to prove it. All of that heat you feel coming from the metal cage is just wasted electricity from the inefficient incandescent bulb it uses. The total amount of electricity one uses over a year can be significant.

Making efficiency matters worse, we end up with long-life or rough-duty incandescent bulbs in this type of work light so the bulbs last longer. These long-life and rough-duty bulbs have heavier filaments that are stronger than standard-life bulbs, but they produce less brightness (lumens of light) for the same wattage. In order to get more brightness for the task at hand, we often install a higher wattage long-life bulb, which consumes even more electricity and makes more heat.

Several years ago, I gave away my cage-type work light and switched to newer, more energy efficient types of work lights. The most energy efficient work lights now use several small LEDs (light emitting diodes) as the light source instead of a single incandescent bulb.

Just how efficient are these LEDs? A work light with 20 of them uses only 1.5 watts, whereas an average incandescent light bulb uses at least 60 watts. LED work lights produce a much whiter light than incandescent bulbs, and I find it easier to see fine detail with LED light. These "diodes" last up to 50,000 hours, so they virtually never burn out. They give off almost no heat, and from my experience they can take quite a severe impact and keep on working.

For completely mobile use, battery-operated LED work lights are available. Black and Decker now offers a model with 14 LEDs that operates on three AA batteries. The LEDs last up to 10,000 hours and, with the efficiency of LEDs, the batteries last very long. Striker makes a tiny spherical single-LED work light with 12 small magnetic studs protruding around its circumference. It may look unconventional as a result, but it can be mounted on a steel surface in almost any direction.


Another efficient work light option uses one or two fluorescent mini-tubes. Various styles are available, depending on whether you need a long or compact one. As with the LED versions, fluorescent work lights give off very little heat and are quite durable. (I have dropped mine from a considerable height several times and it still works fine.) Even the brightest ones use only about 13 watts of electricity to produce the same brightness as cage-type work lights, and the



A battery-operated LED trouble light is ideal for emergency lighting when the electric power goes off.

tubes last up to 10,000 hours. Some models are paired with a halogen spotlight for detail work.

It often is difficult to get the light from the work light to shine in the proper direction for good illumination of the work area, so people use brighter ones or several together. Try bending a sheet of reflective Mylar near the work light to direct the light toward the work area or to brighten a larger work area with only one lower-wattage light.

If you really like the cage-type work lights, you may be able to screw a smaller compact fluorescent bulb (CFL) into the socket. This will improve its efficiency by about three times and produce very little heat. Since these bulbs are fairly expensive and not extremely durable, use them where they will not get bumped. Also, CFLs may not operate properly in cold outdoor temperatures. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer efficient work lights:

Alert Stamping (800) 400-5020
www.alertstamping.com

Black and Decker (800) 544-6986
www.blackanddecker.com

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"Country Goodness"

The following Cherry Torte and Nana's Chicken recipes are from "Country Goodness," a new book published by Rutherford EMC with assistance from Carolina Country magazine. Proceeds from selling the book will benefit the Rutherford County Relay for Life program to fight cancer. Recipes were submitted by Rutherford EMC staff, Carolina Country and friends. The book contains 115 pages of recipes plus cooking tips and an index. It has a plastic comb binding and lies flat.

Copies cost \$12 including shipping from Rutherford EMC, PO Box 1569, Forest City, NC 28043.



Valentine Cookies

- 2 cups butter (no substitutes), softened
- 2 cups sugar
- 3 eggs
- 1 tablespoon vanilla extract
- 6 cups all-purpose flour
- 2 teaspoons baking powder
- Red colored sugar, optional

In a mixing bowl, cream butter and sugar. Add eggs and vanilla; mix well. Combine flour and baking powder; gradually add to creamed mixture and mix well.

Shape with a cookie press. Place on ungreased baking sheets. Decorate with sugar if desired. Bake at 350° for 10–12 minutes or until edges are light brown.

Yield: 18–19 dozen



Cherry Torte

Evelyn Shows

- 1 cup sugar
- 1 stick margarine or butter
- 2 egg yolks (reserving whites) and 1 egg
- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- 1 cup brown sugar
- 1 small bottle maraschino cherries, chopped
- 1 cup pecans, chopped

Cream together sugar and margarine. Add egg yolks and 1 whole egg. Sift together and add flour and baking powder. Add vanilla. Grease 10-by-15-inch cookie sheet or bread pan. Pat stiff dough on baking sheet. Beat egg whites. Add brown sugar (with any lumps crushed). Spread over uncooked dough. Next, sprinkle the cherries and pecans on top. Bake for 25 minutes at 325 degrees. Cut in squares when cool. Makes about 50 squares. Store in air tight container, with wax paper between layers. Freezes well.

Nana's Chicken with Cheese Gravy

Robin Johnson

- 6 medium chicken breasts (we like chicken tenders)
- Melted butter
- ½ cup Italian or plain bread crumbs
- ¼ cup grated parmesan cheese

Dip chicken in melted butter. Mix the bread crumbs and cheese together and roll chicken pieces in mixture. Place chicken in 9-by-13-inch pan which has been coated with cooking spray. Bake at 350 degrees for 30–40 minutes.

Cheese Gravy:

- 1 can of cream of celery soup, diluted
- ½ cup sour cream
- 1 package (16 ounces) Monterey Jack or cheddar cheese

Stir ingredients together well. Pour this mixture over the chicken after it bakes. Return to the oven for 15 minutes. Very good over rice.

Creamy Peppermint Patties

- 1 package (8 ounces) cream cheese, softened
- 1 teaspoon peppermint extract
- 9 cups confectioners' sugar
- ¾ cup milk chocolate chips
- ¾ cup semisweet chocolate chips
- 3 tablespoons shortening

In a large bowl, beat the cream cheese and extract until smooth. Gradually add confectioners' sugar, beating well.

Shape into 1-inch balls. Place on waxed paper-lined baking sheets. Flatten into patties. Cover and refrigerate for 1 hour or until chilled.

In a microwave, melt chips and shortening; stir until smooth. Cool slightly. Dip patties in melted chocolate, allowing excess to drip off; place on waxed paper until set. Store in the refrigerator.

Yield: about 4 dozen



Find more than 300 recipes at www.carolinacountry.com

Recipes are by Taste of Home magazine, unless otherwise indicated. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

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Sample Monthly Rates per 1,000*

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5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
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